



Mental Health Discussion on the book "Finding Hope" By Local Authors: Donna Kay Smith and Susan Spalt

Thursday, February 27
from 6-7 PM
at the Chapel Hill Public Library, Room B

"Finding Hope" is a practical guide for families affected by mental illness. It is derived from the lived experience of families who deal with all types and severity of these illnesses on a daily basis. It was written for people in these situations who had ongoing difficulties. The problems were twofold--a lack of resources that would help to manage these illnesses, and a treatment system that failed their loved one in basic ways. "Finding Hope" was developed in the context of these challenges. Most importantly, it states that no matter how hard or painful the experience, no matter how long it takes to realize--there is hope.

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